## **CLAIMS**

## What is claimed is:

1. A method of communicating physical human interactions over a communications network comprising:

detecting physical movement of a user;

generating data specifying the physical movement;

determining at least one action indicated by the data;

transmitting the action over a communications network to a receiving system;

and

simulating the action in the receiving system.

- 2. The method of claim 1, wherein the receiving system simulates the action by performing the action on a second user located at the receiving system.
- 3. The method of claim 1, further comprising, after said determining step, converting the data to markup language formatted data.
- 4. The method of claim 3, further comprising the step of processing the markup language formatted data in the receiving system to identify the action.
- 5. The method of claim 4, wherein the markup language formatted data specifies at least one actuator movement to be implemented by the receiving system and an amount of force to be applied in the at least one actuator movement.
- 6. The method of claim 1, wherein the data is generated from at least one sensor configured to detect physical movement of the user.
- 7. The method of claim 1, said simulating step further comprising the step of activating at least one actuator to simulate the action on a user.

- 8. The method of claim 1, said simulating step further comprising the step of translating the action into instructions for activating at least one actuator; and activating the at least one actuator in accordance with the instructions.
- 9. The method of claim 1, further comprising: detecting physical movement of a second user in the receiving system; generating data specifying the physical movement in the receiving system; determining at least one action indicated by the data; transmitting the action over a communications network to a sending system; and simulating the action in the sending system.
- 10. A system for communicating physical human interactions over a communications network comprising:

at least one sending sensor configured to detect physical movement of a first user;

a sending message transmission module configured to receive data from said at least one sending sensor and determine an intended action, said sending message transmission module further configured to transmit the action to another system over a communications network;

a receiving message transmission module configured to receive the action over the communications network, said receiving message transmission module further configured to translate the action into instructions for activating at least one actuator;

at least one receiving actuator configured to simulate the action on a second user.

11. The system of claim 10, further comprising at least one sending actuator coupled with said sending message transmission module, said at least one sending actuator configured to simulate, on the first user, actions originating in said receiving message transmission module.

- 12. The system of claim 10, further comprising at least one receiving sensor configured to detect physical movement of the second user, wherein said at least one receiving sensor is communicatively linked with the receiving message transmission module.
- 13. A system for communicating physical human interactions over a communications network comprising:

means for detecting physical movement of a user;

means for generating data specifying the physical movement;

means for determining at least one action indicated by the data;

means for transmitting the action over a communications network to a receiving system; and

means for simulating the action in the receiving system.

- 14. The system of claim 13, wherein the receiving system simulates the action by performing the action on a user located at the receiving system.
- 15. The system of claim 13, further comprising means for converting the data to markup language formatted data, wherein said means for converting are operable after said means for determining.
- 16. The system of claim 15, further comprising means for processing the markup language formatted data in the receiving system to identify the action.
- 17. The system of claim 16, wherein the markup language formatted data specifies at least one actuator movement to be implemented by the receiving system and an amount of force to be applied in the at least one actuator movement.
- 18. The system of claim 13, wherein the means for generating data is configured to detect user motion.

- 19. The system of claim 13, said means for simulating further comprising means for activating at least one actuator to simulate the action on a user.
- 20. The system of claim 13, said means for simulating further comprising:

means for translating the action into instructions for activating at least one actuator; and

means for activating the at least one actuator in accordance with the instructions.

21. The system of claim 13, further comprising:

means for detecting physical movement of a second user in the receiving system;

means for generating data specifying the physical movement in the receiving system;

means for determining at least one action indicated by the data;

means for transmitting the action over a communications network to a sending system; and

means for simulating the action in the sending system.